

ABSTRACT OF THE DISCLOSURE

An upper body exercise apparatus for assisting an exerciser in performing chin-ups and dips. The apparatus includes at least two securely yet releasably attached elastic stretch components connected to a substantially inelastic flexible component that functions as a suspended sling. The method of exercise is to engage part of the body within the sling to allow the elastic resistance to counteract a portion of the exercisers body weight and thus enable the exerciser to perform these effective body weight exercises with less effort than that required with the exerciser's full body weight.